

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

The effect of high-intensity circuit training (HICT) on serum lipids and glucose levels in elderly women

Protocol summary

Study aim

The effect of 8 weeks of high-intensity circuit training on serum cholesterol, HDL, LDL, lipid triglyceride and glucose levels in elderly women with metabolic syndrome in Khorramabad city

Design

We will have an experimental group that will be voluntarily selected. We will not have control group. Sample size will be 18 people.

Settings and conduct

The effect of eight weeks of high-intensity circuit training for elderly women with metabolic syndrome in Khorramabad city will be studied. The training will be conducted under the supervision of the researcher for three sessions per week. These exercises will be done using the body weight of the person.

Participants/Inclusion and exclusion criteria

elderly women with metabolic syndrome in Khorramabad city

Intervention groups

Intervention in this study is a high-intensity circuit training. Because the number of subjects was low, the control group was not selected. All selected samples were selected as experimental group.

Main outcome variables

Serum levels of Cholesterol, HDL, LDL, triglycerides and blood glucose

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20161129031165N1**

Registration date: **2019-03-10, 1397/12/19**

Registration timing: **retrospective**

Last update: **2019-03-10, 1397/12/19**

Update count: **0**

Registration date

2019-03-10, 1397/12/19

Registrant information

Name

Vahid Valioupour Dehnou

Name of organization / entity

Lorestan University

Country

Iran (Islamic Republic of)

Phone

+98 66 3312 0086

Email address

valipour.v@lu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-01-10, 1397/10/20

Expected recruitment end date

2019-01-20, 1397/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of high-intensity circuit training (HICT) on serum lipids and glucose levels in elderly women

Public title

The effect of high-intensity circuit training (HICT) on serum lipids and glucose levels in elderly women

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Having a Metabolic Syndrome Not having orthopedic problem
Exclusion criteria:
Having an orthopedic or psychological problem Not Signing Written Consent

Age

From **63 years** old to **85 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **18**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Lorestan University of Medical Sciences

Street address

Lorestan Province, Khorramabad, A81

City

Khorramabad

Province

Lorestan

Postal code

6813833946

Approval date

2018-06-30, 1397/04/09

Ethics committee reference number

IR.LUMS.REC.1397.031

Health conditions studied

1

Description of health condition studied

Metabolic syndrome

ICD-10 code

E70-E90

ICD-10 code description

Metabolic disorders

Primary outcomes

1

Description

Cholesterol

Timepoint

24 hours before training intervention and 48 hours after training intervention

Method of measurement

Cholesterol Kit, Audit Diagnostics, Ireland

2

Description

Glucose

Timepoint

24 hours before training intervention and 48 hours after training intervention

Method of measurement

Glucose Kit, Audit Diagnostics, Ireland

3

Description

Triglyceride

Timepoint

24 hours before training intervention and 48 hours after training intervention

Method of measurement

Triglyceride Kit, Audit Diagnostics, Ireland

4

Description

HDL

Timepoint

24 hours before training intervention and 48 hours after training intervention

Method of measurement

HDL Kit, Audit Diagnostics, Ireland

5

Description

LDL

Timepoint

24 hours before training intervention and 48 hours after training intervention

Method of measurement

LDL Kit, Audit Diagnostics, Ireland

Secondary outcomes

empty

Intervention groups

1

Description

A high intensity circuit training using body weight and three sessions per week for eight weeks will be conducted under the supervision of the researcher. These types of exercises are performed only with body weight and do not require special equipment.

Category

Treatment - Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Farzanegan nursing home in Khorramabad city

Full name of responsible person

Masoumeh Sepehri Rad

Street address

Alavi street

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Lorestan university

Full name of responsible person

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Lorestan university

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

Person responsible for general inquiries**Contact****Name of organization / entity**

Lorestan University

Full name of responsible person

Vahid Valipour Dehnou

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

فیزیولوژی ورزشی

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

lorestan university

Full name of responsible person

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Position

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Latest degree

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Other areas of specialty/work

Exercise physiology

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

Vahid Valipour Dehnou

Position

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Latest degree

Ph.D.

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Data and information related to the main outcome will be published in a dissertation or article format. Also, the names of the subjects will not be included in the dissertation and the article.

When the data will become available and for how long

Data will be published in a dissertation or article format.

To whom data/document is available

Because the data and information related to the main outcome will be published in the form of a dissertation or article. Also, the names of the subjects will not be included in the dissertation and the article. So, everyone can have access.

Under which criteria data/document could be used

Data will be published in a dissertation or article format.

From where data/document is obtainable

These methods can be used to access data or information: Visit the Google site, visit the central library of Lorestan University, email the author (Vahid Valipour Dehnou, email: valipour.v@lu.ac.).

What processes are involved for a request to access data/document

Referring to the Google site, visiting the central library of the University of Lorestan or emailing the author (Vahid Valipour dehnou, email: valipour.v@lu.ac.ir), the data will be available.

Comments